



**DIOR  
DOMINATES**  
**metroSTYLE**

**LiVE  
88.5 fm**



**KANYE FREE**

# Ottawa metro



**PHILOSOPHER CAT  
PONDERS THE GREEK  
FINANCIAL CRISIS**  
**metroVIEWS**

Your essential daily news

THURSDAY, JULY 9, 2015

High 24°C/Low 14°C Sunny



## ZEDS DEAD COMES ALIVE AT BLUESFEST

DC and Hooks, better known as the Toronto-based duo Zeds Dead, wow the crowd on opening night of RBC Bluesfest Wednesday. The festival runs through July 19 at Lebreton Flats. JOE LOFARO/METRO

# Man charged in hit-and-run death

## ROADS

### Crown seeking to oppose bail for 39-year-old accused

**Michael Woods**  
Metro | Ottawa

Police have arrested and charged a 39-year-old man in the hit-and-run collision that killed 39-year-

old Andy Nevin last month.

Deinsberg St-Hilaire, also 39, was arrested and charged with failure to stop at the scene of an accident causing death. He appeared briefly in court on Wednesday via video link.

Nevin, a father of two, was struck by a vehicle on Leitrim Road around 5:45 a.m. on June 28. The driver didn't stop, and 911 was only called after another car passed, according to police.

St-Hilaire remains in custody and will reappear in court for a

bail hearing on Monday.

Family members of both the accused and the alleged victim were in the courtroom for the hearing.

When St-Hilaire's lawyer asked why the Crown is seeking to oppose bail for his client, Nevin's father said from the gallery: "He killed my son, that's why."

In a Facebook post Wednesday, Nadia Robinson, Andy Nevin's widow, expressed gratitude to police for making the arrest.

"The not knowing and not having some type of closure is the hardest thing! Now we can at least sleep at night knowing this person has been arrested," she wrote.

"We still have a lot to over come and go through but at least we know! Some people never get answers at least there's a bit of comfort that we do!"

The family had moved into a new home in Riverside South just days before the collision.

A crowdfunding campaign for Nevin's family has raised more than \$9,300.



Andy Nevin leaves behind two sons. FACEBOOK

amazon.ca

prime day

EXCLUSIVELY FOR PRIME MEMBERS

JULY 15



MORE DEALS  
THAN  
BLACK FRIDAY



Your essential daily news

Fitness trackers don't have staying power. **Business**

## IN BRIEF

### Ottawa man dies after jumping from cliff

An Ottawa man is dead after he jumped off a 75-foot cliff at Morrison's Quarry in Wakefield, Que., on Monday evening.

David Rothwell, 35, was swimming at the popular bungee jump and diving venue with his eight-year-old daughter and a few other friends.

According to MRC des Collines-de-l'Outaouais police spokesman Martin Fournel, employees yelled at Rothwell not to jump from the cliff.

Divers found the body at around 7:45 a.m. on Tuesday.

Rothwell's body has been sent for an autopsy. LUCY SCHOLEY/METRO

### Ottawa fire crews battle burning vehicle

Ottawa firefighters battled a dual vehicle-balcony fire in the Carlington area early Tuesday morning.

The fire department confirmed a vehicle was engulfed in flames when its crews arrived at 1042 Merivale Rd. just before 5 a.m. The flames had crept up to a nearby overhang and extended to a balcony.

All the units were checked and cleared.

No injuries were reported and a fire investigator was still trying to pinpoint the cause at press time.

Damages were estimated at \$150,000. LUCY SCHOLEY/METRO



**Police cordon off part of Louis Bisson at the Gatineau airport after two skydivers fell to the ground Wednesday afternoon because their parachutes failed.** MIKE CARROCETTO/FOR METRO

# Skydivers in hospital after parachutes fail

GATINEAU

### Lesson gone wrong Wednesday

Haley Ritchie  
Metro | Ottawa

A man and woman are at Ottawa Civic Hospital after surviving a skydiving lesson gone wrong

Wednesday afternoon.

Police received a 911 call just before 2 p.m. and responded to the Gatineau airport, where the company Go Skydive operates.

The two skydivers, who were diving with a group, landed in a field outside the airport and were taken to the Hull hospital by paramedics in serious condition.

The two were diving tandem, meaning they were strapped together.

The woman, 22, was a skydiving instructor. Her student was a 45-year-old man.

Gatineau police said the accident was likely caused by a malfunctioning parachute, but could not confirm the height from which they fell.

"We are in an investigative process right now. We want to validate all the information we're getting," said Sgt. J.P. Lemay of the Gatineau police.

Police are not currently re-

leasing the names of the injured and could not confirm whether the injuries were life-threatening.

"They were conscious, but we could confirm they were serious injuries," said Lemay.

"We could easily imagine a malfunction from a sky diving accident could lead to life-threatening injuries but I do not have that precise information for now."

WITH FILES FROM MIKE CARROCETTO

### STABBING

## Police charge man for murder

Police have charged 70-year-old John McRae with second-degree murder, after a deadly stabbing in an east end apartment complex.

McRae appeared briefly in court Wednesday afternoon by video, wearing a blue jumpsuit.

He remains in custody and will next appear in court for a bail hearing July 15.

Police responded to a 911 call Tuesday just after 6:45 p.m. to the 6000 block of Notre Dame Street, near the intersection of St. Joseph and Jeanne D'Arc boulevards.

When they arrived, they found Michael McRae, 51, who had been stabbed. He was rushed to hospital where he died from multiple injuries.

Police have confirmed that the two men are father and son.

Caryne Charron, who has lived in the apartment building for four years, was working until 8 p.m. Tuesday but said she was surprised to come home to police cars.

"It's very scary," she said. "I think it was 11 later and I came out to do laundry and investigators were outside. I knew that something had gone on, but I didn't know it was a murder."

She said she didn't see either man very often, but she remembers both men moving in around a year ago.

The stabbing is the city's fourth homicide of the year.

WITH FILES FROM MICHAEL WOODS



## Sell your old Gold and Silver THIS WEEKEND!

Find out what it's **REALLY** worth from the most trusted name in the industry

**JULY 11 - 14**

Shenkman Arts Centre  
245 Centrum Blvd, Orleans  
Sat. & Sun., July 11 & 12  
9 a.m. to 5 p.m.  
Mon. & Tue., July 13 & 14  
11 a.m. to 7 p.m.

**JULY 11 - 14**

Country Inn & Suites  
578 Terry Fox Dr., Kanata  
Sat. & Sun., July 11 & 12  
9 a.m. to 5 p.m.  
Mon. & Tue., July 13 & 14  
11 a.m. to 7 p.m.

Bring in this ad and get a  
**FREE GIFT!**

Bring a family member or friend and they'll get a gift too!  
Customers only, while quantities last.

Here's an example of a recent customer payout:

This chain was worth \$92.21



These earrings were worth \$59.67

These two wedding bands were \$158.96

The **TOTAL** payout was... **\$876.83**

# 'It's a complete dream come true'

## BACKSTAGE PASS

## Ottawa's Eddie Quotez to rap on same stage as Kanye West

**Trevor Greenway**  
Metro | Ottawa

It hasn't taken very long for Eddie Quotez to go from being booted onstage in New York City to sharing the same rostrum as Kanye West — about five years.

The local Ottawa rapper is still pinching himself. "It's completely surreal, it's crazy. If you would have told me this five years ago, I would have laughed at you," says Quotez, a few days before he takes the stage at Ottawa Bluesfest July 11 — the biggest show of his career to date. While he admits that nerves are making it a bit tough to sleep lately, the 26-year-old is banking on his idol West to give him that last-minute motivation when the rap god takes over Bluesfest the night before he goes on stage.

"It's a complete dream come true. There really are no words for it. I literally play right after Kanye, because he is the night before." Tough act to follow.

But the Ottawa lyricist has been waiting for this day for five long years — four years of waiting on pins and needles only to hear that his application to play a slot at Ottawa Bluesfest had, yet again, been rejected. He was expecting to hear the



Ottawa rapper Eddie Quotez plays Bluesfest for the first time July 11. COURTESY REY MARTIN

same this year, but when the good news rolled in, he couldn't help but scream out loud in a Costco washroom, where he grinds through his day job. And a single tear splashed out of his eye.

"It's been five hard years of work and sleepless

nights," he said, adding that it's tough to make a name for yourself in hip hop these days, especially in expanding Ottawa where "everybody thinks they can rap."

"You really have to stand out here and that's tough."

Quotez stands out from

the crowd by being honest, steering away from rapping about the typical women and money, and focusing more on his inner self journey — the once very dark corners of his personal life that have defined him as a person.

## THE SHOW

Eddie Quotez plays his biggest show on Bluesfest's biggest stage July 11.

He endured years of sexual assault as a child, overcame suicidal tendencies as a youth and spent a stint in the psych ward. When this guy talks, you better listen.

He's been writing poetry since he was nine years old when he was reeling from the death of his great aunt who was "like a second mom to me."

Quotez quickly found peace through writing and continued jotting down notes wherever he would go. And with each stroke of ink, he would shed a layer of his damaged soul.

"It's very therapeutic for me," he adds.

"When I was going through all that, I felt very alone. Hopefully someone out there who is struggling will hear my story and know that they are not alone."

**Hopefully someone out there who is struggling will hear my story and know that they are not alone.**

Eddie Quotez

## COOL ENOUGH FOR THE TOUGHEST CUSTOMERS



**BOOK YOUR FREE IN-HOME APPOINTMENT. IT'S EASY!**  
**1-866-506-7779 | SEARS.CA/HOMEIMPROVEMENTS**

.....EARN.....  
**\$200  
SEARS  
CLUB  
POINTS\***

when you purchase a Sears communicating central AC or Heat Pump; or a Sears 22 SEER mini-split Heat Pump



Offer ends August 31

**TAKE UP TO  
3  
YEARS  
TO PAY**

when you use your  
Sears Financial™ Credit Card

- ✓ EQUAL MONTHLY PAYMENTS
- ✓ NO INTEREST\* (ADMIN FEE MAY APPLY)
- ✓ NO INTEREST CHARGED ON FINANCED PURCHASE DURING TERM

No minimum purchase required (\$200 minimum purchase in Quebec). Important terms and conditions apply.

**Sears®**  
Heating & Cooling

\*EQUAL PAYMENTS, NO INTEREST\* offer: Pay in 12, 24, or 36 equal monthly installments only on approved credit with your Sears® MasterCard®, Sears® Voyage™ MasterCard® or Sears Card. Equal monthly installments determined by dividing financed amount by Financial Term selected. Sears Voyage MasterCard has an annual fee of \$39. Your financed purchase will include applicable administration fee, taxes and delivery charges. To avoid interest charges on a monthly installment of the financed amount, pay the New Balance every month by the Payment Due Date. The New Balance is shown on your statement and includes the monthly installment amount (not the entire financed amount) and any other balances, interest and fees, that are owing on your account. The financing offer will be cancelled if you do not pay the Base Payment (shown on your statement) in full for any 4 months, at which time the unpaid balance of the financed amount will be subject to interest charges at the Annual Interest Rate for purchases (new accounts – 19.90% for Sears MasterCard and Sears Voyage MasterCard or 29.9% for Sears Card). If you are an existing cardmember, refer to your statement for your Annual Interest Rate. See Cardmember Agreement for details. Excludes Gift Cards, Specialty Services, Sears Travel and Outlet/Liquidation Store purchases. Sears® and Voyage™ are registered trademarks of Sears, licensed for use in Canada. ©TM MasterCard® and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. Sears Financial Credit Cards are issued by JPMorgan Chase Bank, N.A. Administration fees (none in Quebec): 12 months - \$69.99; 24 months - \$99.99; 36 months - \$129.99. No minimum purchase required (\$200 minimum purchase required in Quebec). No interest charged on your financed purchase during term. Look for the ENERGY STAR logo. It shows that the product meets ENERGY STAR specifications for energy efficiency. \*On approved credit. Points are awarded on net purchases, excluding applicable taxes, gift cards, pre-paid credit cards, optional financing programs, and services (e.g. delivery). Please see your Sears Club Reward Program Terms & Conditions for more details.

NE071H215/NE071H415

# GO!

## Get giggles in every squeeze

New iÖGO Nano squeezable pouches.  
Nutritious yogurt. Yummy fruit puree.  
Resealable twist cap for good, clean fun.  
Find out more at [iogonano.ca](http://iogonano.ca)

iÖGO. Owned by Canadian dairy farmers.

**NEW!**



Save  
**\$2\***  
with purchase  
of any iÖGO Nano  
pouch (4x90g)



\*To the Dealer: Upon receipt of this coupon towards the purchase of the specified product at participating grocery and superstores, Ultima Foods Inc. will reimburse you the face value of the coupon, plus regular handling. Application for redemption on any other basis may constitute fraud and will, at our option, void the coupon presented. Reimbursement will be made only to the retail distributors who redeem coupons.

For redemption mail to: Ultima Foods Inc., Box 3000, Saint John, N.B. E2L 4L3

Limit one (1) coupon per purchase. Not valid if copied in any way. Cannot be combined with any other promotional offer. This coupon has no monetary value. If the price of the product is lower than the coupon, the difference will not be refunded.

Offer valid until March 31, 2016.



## CITY HALL

# Council talks toilets, transit and cows

Talk about milking support for a cow sign.

At Wednesday's council meeting, Orléans Coun. Bob Monette mooooved a motion to keep the rooftop bovine-shaped sign at Cheddar Et Cetera on 900 Watterson Rd.

The sign has been there on and off since the business first opened at that location in 2005. Because rooftop signs contravene the bylaw, the city granted the shop a temporary four-year

reprieve in 2011.

Because of Monette's motion, Cheddar Et Cetera can permanently keep the cow.

It may have helped that this plan costs the city no cheddar.

Other tidbits from today's city council meeting:

— In what Watson called a "very historic day for our city," councillors approved the second phase of the \$3-billion light rail transit system. This will extend the Trillium and

Confederation lines, for a total of 30 kilometres of rail and 19 stations. However, it still needs federal funding.

— There will be more places to pee while waiting for the LRT. Somerset Coun. Catherine McKenney asked city staff to look at the costs of bringing in public bathrooms to the Hurdman and Bayview LRT stations, which will be busy railway hubs.

— A controversial plan to re-vamp the Medical Arts Building at 180 Metcalfe St. will be delayed until Aug. 26. The developer wants to turn the building into a mixed-use hotel, which contravenes the community design plan.

— A Barrhaven park honouring those who died in the tragic bus-train collision on Sept. 18, 2013 will officially be named Memorial Park and built at Fallowfield Station.

LUCY SCHOLEY/METRO



**Gloucester-Southgate Coun. Diane Deans speaks to reporters on Wednesday about her plan to revitalize the low-income community of Albion-Heatherington. Councillors instead voted to explore all at-risk neighbourhoods before selecting a pilot site.** LUCY SCHOLEY/METRO

# Zellers

NEPEAN

2065 ROBERTSON RD., NEPEAN  
613-726-1379

## GREAT DEALS ON BRAND NAME SUMMER FASHION!

HURRY IN FOR BEST SELECTION, WHILE QUANTITIES LAST.  
ON NOW THRU WEDNESDAY, JULY 15

SAVE AN EXTRA  
**20%**\*  
ON WOMEN'S  
SPORTSWEAR AND  
FOOTWEAR

SAVE AN EXTRA  
**20%**\*  
on kids' apparel

HOME EVENT  
SAVE AN EXTRA  
**50%**\*  
on selected linens,  
bedding coordinates,  
bedding accessories,  
towels, cushions,  
comforters and duvets

NEW REDUCTIONS ON  
MAJOR HOME OFFERS  
SAVE UP TO **85%**  
on mattresses  
SAVE UP TO **70%**  
on furniture  
SAVE UP TO **40%**  
on appliances

Hours of operation: Mon. – Fri. 9:30 am – 9 pm | Sat. 9:30 am – 6 pm | Sun. 10 am – 6 pm

Store discounts are off the lowest ticketed price. We accept Hudson's Bay MasterCard®, Hudson's Bay Credit Card, major credit cards, debit cards, cash. No cheques. No price adjustments on prior purchases. No returns, exchanges or price adjustments on Major Home items. Selection may vary. While quantities last. Some exclusions will apply. No Rainchecks. See store for details. No other discounts apply. \*Extra 20% women's sportswear and footwear, kids' apparel and extra 50% off home departments are off the last ticketed price. This promotion does not apply to items that are price pointed. Additional Dot Discounts are not applicable.

# Revitalization plan expanded

## PILOT PROGRAM

**All at-risk communities will now be considered**



**Lucy Scholey**  
Metro | Ottawa

Ottawa council "failed" the city's most vulnerable citizens on Wednesday when it voted to hold off on a \$250,000 plan to revitalize Albion-Heatherington, according to the area councillor.

Gloucester-Southgate Coun. Diane Deans wants to turn the low-income community into the city's first mixed-income neighbourhood.

The city's planning committee approved her plan, but her colleagues at council did not — including the planning chair.

Barrhaven Coun. Jan Harder tabled a motion asking that all at-risk communities be explored as an option for the \$250,000 revitalization program. Her motion passed by an overwhelming 17-7.

"I think council failed our

most vulnerable citizens in the entire City of Ottawa, not just Albion-Heatherington," Deans later told reporters. "Council had a choice today. They could talk about doing something or they could actually do something."

Deans argued that Albion-Heatherington — which is home to families with lower-than-average incomes, higher-than-average single parents and a higher percentage of immigrants — is prime for a revitalization pilot program because it has available land and amenities.

Instead, city staff will create a planning framework to select a community for the pilot by early next year. In the end, Albion-Heatherington may remain the chosen site.

Mayor Jim Watson, who voted in favour of Harder's motion, argued that the city cannot "prejudge" which community should go through the revitalization process.

The \$250,000 revitalization program is part of the strategic initiatives council approved on Wednesday, which outlines how council will invest over the next term. A total of \$37.4 million is set aside for strategic initiatives in 2015 alone.

## IN BRIEF

### Bullet brought to school

Classes ended early at École secondaire catholique Franco-Cité on Wednesday after a student brought a bullet to school and left it on the bus.

A bus driver found it shortly after 8:20 a.m. and alerted the school, which went into "hold and secure" mode until the early afternoon.

Roxanne Deevey, a spokeswoman for the French Catholic school board, said a Grade 10 student brought the bullet to school, but no gun was found and there was no threat to students.

The incident affected 700 summer school students who are attending the school on Smyth Road.

METRO



CHEVROLET

GET **20%** CASH CREDIT  
OF MSRP

ON SELECT 2015 VEHICLES IN STOCK THE LONGEST:

= **\$10,518**

CASH CREDIT ON SILVERADO CREW CAB LTZ Z71

**INVENTORY IS LIMITED SO VISIT YOUR DEALER TODAY. ENDS JULY 28<sup>TH</sup>.**



**2015 SONIC**  
E.g.: **\$3,899**  
CASH CREDIT ON  
SONIC LT 5 DOOR  
\$19,495 MSRP



**2015 SPARK**  
E.g.: **\$3,019**  
CASH CREDIT ON  
SPARK LS AIR & AUTO  
\$15,095 MSRP



**2015 TRAX**  
E.g.: **\$5,242**  
CASH CREDIT ON  
TRAX LT AWD  
\$26,210 MSRP



**2015 CRUZE**  
E.g.: **\$4,298**  
CASH CREDIT ON  
CRUZE LT AIR & AUTO  
\$21,490 MSRP

**20%**  
OF MSRP  
**CASH CREDIT**  
ON SELECT 2015 MODELS  
IN STOCK THE LONGEST



**2015 EQUINOX**  
E.g.: **\$6,374**  
CASH CREDIT ON  
EQUINOX LT AWD  
\$31,870 MSRP



**2015 MALIBU**  
E.g.: **\$5,721**  
CASH CREDIT ON  
MALIBU LT  
+ POWER  
CONVENIENCE  
PACKAGE  
\$28,605 MSRP



**2015 SILVERADO 1500**  
E.g.: **\$10,518**  
CASH CREDIT ON  
SILVERADO  
CREW CAB LTZ Z71  
\$52,590 MSRP

**2015 TRAVERSE**  
E.g.: **\$8,372**  
CASH CREDIT ON  
TRAVERSE LT AWD  
\$41,860 MSRP



**CAN'T FIND WHAT YOU'RE  
LOOKING FOR AT 20%?**

**0% LEASING UP TO 36 MONTHS**  
**FINANCING UP TO 84 MONTHS**  
on other vehicles <sup>2/3</sup>

ALL 2015s COME WITH  
CHEVROLET  
COMPLETE CARE:

**2** YEARS/40,000 KM  
COMPLIMENTARY  
OIL CHANGES\*\*

**5** YEARS/160,000 KM  
POWERTRAIN  
WARRANTY\*

**5** YEARS/160,000 KM  
ROADSIDE  
ASSISTANCE\*

CHEVROLET



**FIND NEW ROADS® / chevrolet.ca**

Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to \$799 for Dealer fees.\*\*\*

For the latest information, visit us at [chevrolet.ca](http://chevrolet.ca), drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. \*\*\*Air levies included. Freight & PDI (\$1,600/\$1,600/\$1,600/\$1,650/\$1,650/\$1,650), registration, tire levies and OMVIC fees, insurance, licence, PPSA, dealer fees and applicable taxes not included in 20% offers. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. \*\*The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. 1 Applies to oldest 30% of dealer inventory as of July 1, 2015 for Cruze and Sonic and 15% for other eligible models. Valid July 6, 2015 – July 28, 2015 on cash purchases of select vehicles from dealer inventory. Not compatible with special lease and finance rates. Credit is tax exclusive and is calculated on vehicle MSRP, excluding any dealer-installed options. By selecting lease or finance offers, consumers are foregoing this cash credit which will result in higher effective interest rates. Dealer may sell for less. Offer may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details. 2 0% leasing for 24/36 months available on 2015 Chevrolet Silverado 1500 Reg. Cab (excluding LT), on approved credit to qualified retail customers by GM Financial. Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade off \$0 and/or \$0 security deposit is required. Total obligation is \$4,696. Option to purchase at lease end is \$11,312. Price and total obligation exclude license, insurance, registration, taxes, dealer fees and optional equipment. Other lease options are available. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. 3 0% purchase financing offered by GMCL for 72 months on 2015 Chevrolet (Sonic/Cruze LS, LT, LTZ, ECO/Malibu LT, LTZ/Equinox). OAC by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: \$10,000 at 0% APR, monthly payment is \$119.05 for 84 months. Cost of borrowing is \$0, total obligation is \$10,000. Down payment and/or trade may be required. Monthly/bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade.

 **BIO**

Toronto 2015 will be Adam van Koeverden's first appearance at the Pan Am Games. He is scheduled to race in the K-1 (single kayak) 1,000-metre race.

**Born:** Toronto, Ont., January 29, 1982

**Educated:** McMaster University (honours bachelor of science in kinesiology), 2007

**Olympic Medals:**

**Gold:** K-1,500 metres, Athens 2004

**Silver:** K-1,500 metres, Beijing 2008; K-11,000 metres, London 2012

**Bronze:** K-1,000 metres, Athens 2004

**World Championship medals:**

**Gold:** K-1, 500 metres, 2007;

K-1, 1,000 metres, 2011

**Silver:** K-11,000 metres, 2003; K-1

1,000 metres, 2005; K-11,000

metres, 2007

**Bronze:** K-1,500 metres, 2005; K-1,000 metres, 2009; K-1,500 metres, 2010

**FAVOURITE FOR GOLD**  
Unlike a lot of sports that are dominated by Americans, van Koeverden's biggest competitors are European — and they're not in the Pan Am Games.



Adam van Koeverden at the Burloak Canoe Club, Oakville, Ont., on July 2. LIZ BEDDALL/METRO



LIZ BEDDALL/METRO

## METROTALKS ADAM VAN KOEVERDEN

In the latest of a series of conversations with influencers, we visit with the **champion kayaker** before the Pan Am Games

# HIGH HOPES FOR HOMETOWN HERO



**Gilbert Ngabo**  
Metro | Toronto

Adam van Koeverden is excited that the 2015 Pan Am Games have come to Toronto — and not just because of the competition.

When Metro paid a visit to the star kayaker's morning training session at the Burloak Canoe Club in Oakville, Ont., a little over a week before the Games' official kickoff, the Toronto native said he's already thinking about the Games' enduring legacy.

As a two-time world champion four-time Olympic medalist (yes, there's a gold in there), he knows from experience that major sporting events are bigger than sports. When China hosted the 2008 Olympics, where he won a silver medal in K-1 (single kayaker) 500-metre event, the hot topic was the country's human-rights record. It was "a good thing" that the world talked about those issues because of the Games, he said.

The Greater Toronto Area might not have that kind of reputation to contend with, but, van Koeverden said, the Pan

Am Games is an opportunity to improve infrastructure, city planning, traffic and transportation issues — and not just in Toronto proper, either.

"You can call these the Gold-en Horseshoe Games," he said. "They benefit the entire region. It's what made the original bid so attractive. When you get an Olympics or the Pan Am Games, all of the issues that were on the back burner get done."

Citing the recent completion of an express rail line between Toronto's Pearson Airport and downtown's Union Station as a case in point, van Koeverden also

mentioned the two most pressing transit issues in Toronto: Expansion of the city's subway system and modernization of the elevated Gardiner Expressway.

"If we get the Olympics, guess what? I bet they're done. That's what it takes — something; a deadline."

Van Koeverden has high hopes for his hometown.

Citing, with evident pride, the city's multicultural composition, he said he would like his sports peers to get out of the athletes' villages and experience the wider city.

"I think one of our greatest



**I hope that after the opening ceremonies the city erupts.**

Adam van Koeverden

assets is our neighbourhoods," he said. "When my Romanian friend visited I took him to Spadina for soba noodles."

"A Romanian, in Chinatown, for Japanese noodles. That's Toronto."

# How a gold-medal kayaker trains



**Fernando Carneiro**  
Metro | Toronto

Two weeks before competition Adam van Koeverden went to a bar. He had a soda and left at 9:30 p.m.

Practice isn't everything, he says. Recovery is just as important.

"It's something people don't

recognize — training breaks down your body. Rest builds it back up," van Koeverden told Metro in an interview following practice at the Burloak Canoe Club in Oakville, Ont.

He does drink alcohol, eats whatever he wants and does stay up late. But this close to competition, he adjusts his routine.

Here's what his days are like:

**6 a.m.:** The alarm clock goes off. Maybe he'll hit snooze be-

fore having a coffee and a banana or yogurt.

**6:30 a.m.:** He starts the drive to Oakville and, no, he doesn't get to drive on the HOV lanes. He's stuck in traffic with the rest of the hapless commuters, listening to CBC radio.

**7:30-ish:** Van Koeverden hits the water for a two-to 2.5-hour practice session. This is considered short. "This close to competition, I'm past the ex-

treme endurance phase," he says.

**9:30-ish:** Once practice is done, it's time to put away the kayak. At this time of the year the Burloak Canoe Club is full of children at summer camp. "They look at me and wonder, 'Who's this old guy?'" the 33-year-old Van Koeverden said.

**10 a.m.:** Sporting shorts and a T-shirt, van Koeverden drives to Whole Foods in Oakville for

breakfast. This is his reward for a hard morning of paddling. The cashier knows him, not as an athlete, but as a regular customer. Last Thursday he ordered a breakfast sandwich with a side of bacon, having given up his brief stint with vegetarianism. "I'm not obsessed with my diet, as most people are — non-athletes and athletes alike. It's the new religion, I think. There's being mindful and thoughtful

about what you eat, and then there's being like, proselytizing about what you eat, and blogging about what you eat, and taking pictures of your food constantly. I just think there's something wrong with that."

**Afternoon:** Van Koeverden goes to the gym about two to three times a week. At least once a week he goes for a jog, saying the highlight of his week was his Sunday morning run.

## AVK's 3 Canadians to watch

### BASKETBALL

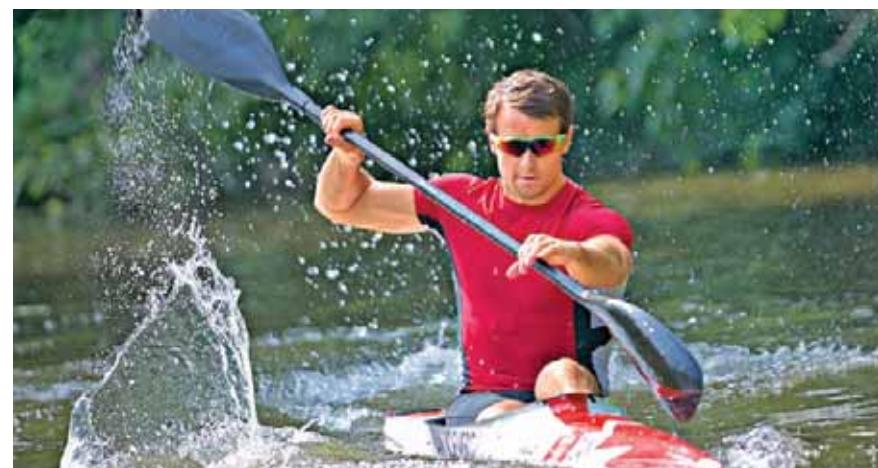
"Basketball is one of the most accessible sports and you get an excellent cross-section of youth."

### MARK OLDERSHAW, SPRING CANOEIST

"He just got married, had a pretty good world cup and he's our flag bearer. This is the 'Summer of Mark.'"

### ANDRE DE GRASSE, SPRINTER

"What more do people look forward to than the 100-metre sprint?"



Adam van Koeverden trains at the Burloak Canoe Club in Oakville, Ont., on July 2. LIZ BEDDALL/METRO

### ACCESSIBILITY

## Build it and they will come, says Olympian

**Melita Kuburas**  
Metro | Toronto

At 8 a.m. on a weekday in the summer, school's out and Adam van Koeverden's home canoe club is bustling with teenagers.

About a dozen of them with concerted faces paddle by in a war canoe — likely those who are striving to be champions. Others are likely just there to splash around because their parents want them to, but that's great too, van Koeverden says.

Van Koeverden, who studied cultural and socio-economic barriers to sports as part of his kinesiology program at McMaster University in Hamilton, Ont., recognizes that in most places in Canada, due to a lack of funding and infrastructure, kids don't have such easy access to sports equipment and facilities. That's something he hopes will change, in part thanks to large-scale events like the Pan Am Games.

"It takes a community to create a community sports program," he said. "It doesn't take just one person. It takes a lot — and the upkeep, and the sustainability of it is really based on people and their hard work."

But before you bring a group of people together to work towards a common goal, he said, you need a place for them to be: a facility. And that's why investing in sports infrastructure matters, he said.

His canoe club, formerly known as the Oakville Racing Club, was founded in 1974 by sprint paddler Bill Collins. It was established on an old sewage-treatment plant that the town no longer had any use for.

They've come a long way since then. The aquatics centres, gymnasiums, fields and bike parks built for the Pan Am Games are going to have a lasting impact on Toronto and the surrounding area, van Koeverden said, pointing to the Toronto Pan Am Sports Centre (TPASC) facility in Scarborough, which includes two Olympic-sized swimming pools, a running track and a diving program.

"As long as we install all the necessary infrastructure and resources post-Pan Am in that place, then I guarantee there'll be an Olympic swimmer from Scarborough," he said. "And if there's one Olympic swimmer, it means that there are 3,000 kids who are swimming. And that's the important thing."



On Americans who might consider going into paddling

**I would tell them to go for a sport that offers scholarships and a paycheque.**



On Pan Am's marketing

**There aren't enough posters. Kinky Boots has more posters than the Pan Am Games.**

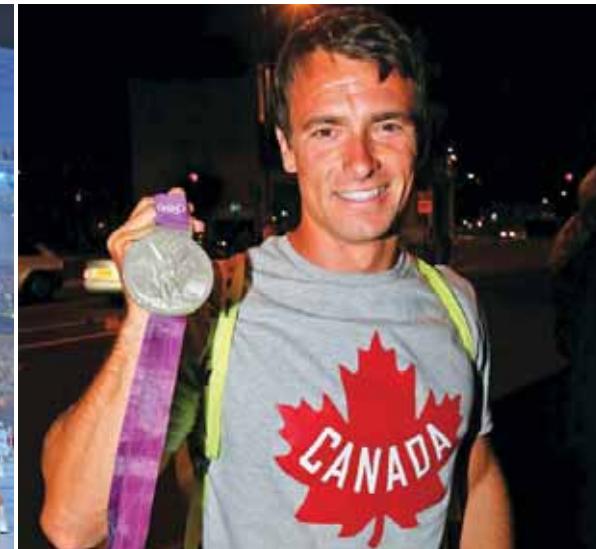


On how we started paddling

**My mom was concerned I was going to find trouble after school. Canoe club was her solution.**



Adam van Koeverden, left, leads the Canadian delegation during the opening ceremony of the 2008 Beijing Olympic Games. Right: Van Koeverden shows off his Olympic silver medal after the London Games in 2012. GETTY IMAGES



# Bar radicals from Canada: Senators

## SECURITY

## Training and certifying imams among suggestions

The federal government should outlaw membership in a terrorist group, bar radicals from Canada and look at forbidding the glorification of extremists to protect the Canadian way of life, a Senate committee says.

The Senate security and defence committee also recommends creation of a "wanted terrorist" list and urges the government to explore options for training and certification of imams in Canada.

In addition, it calls on the government to work with Muslim communities to create "an effective counter-narrative" to denounce the ideology of Islamist fundamentalism.

These are among 25 recommendations in the committee's

interim report flowing from nine months of hearings on security threats facing Canada.

The report examines terrorist recruitment, operations, financing, prosecutions and other aspects of what it calls the genuine threat of violent extremism. A number of the recommendations push farther than the Harper government chose to go in its recent omnibus security bill.

"We must find every resource, tool and technique available to us as a civilized society to diminish and defeat a most uncivilized force," it says.

"Our goal is to lessen the risk to all Canadians, including the risk to vulnerable young Canadians who might be lured to extreme ideas and violent action."

Canadians must tackle the issue in a thoughtful, balanced way without undermining the values "that make us great," the report says. "Our goal is to lessen the risk to all Canadians, including the risk to vulnerable young Canadians who might be lured to extreme ideas and

violent action."

The report represents the views of the Conservative majority on the committee, but lacks the backing of Liberal members.

"We cannot try to appease this threat that we face," Conservative Sen. Dan Lang, the committee chairman, said in an interview.

One recommendation takes aim at groups that invite foreign nationals with extremist views to speak to impressionable youth. It urges the government to establish a publicly accessible list of "ideological radicals" deemed to be a security threat, prohibiting them from visiting Canada.

THE CANADIAN PRESS

**We must find every resource ... to defeat a most uncivilized force.**

Senate committee report

## What if dream kitchens actually came true?



Invented for life



Bosch. Believe it.

**Believe in inspired innovation.** From the delicious perfection of Steam Convection to the revolutionary flexibility of our FlexInduction™ to the legendary quiet performance of our signature dishwashers, you can count on Bosch for everything you want in a kitchen – and so much more.



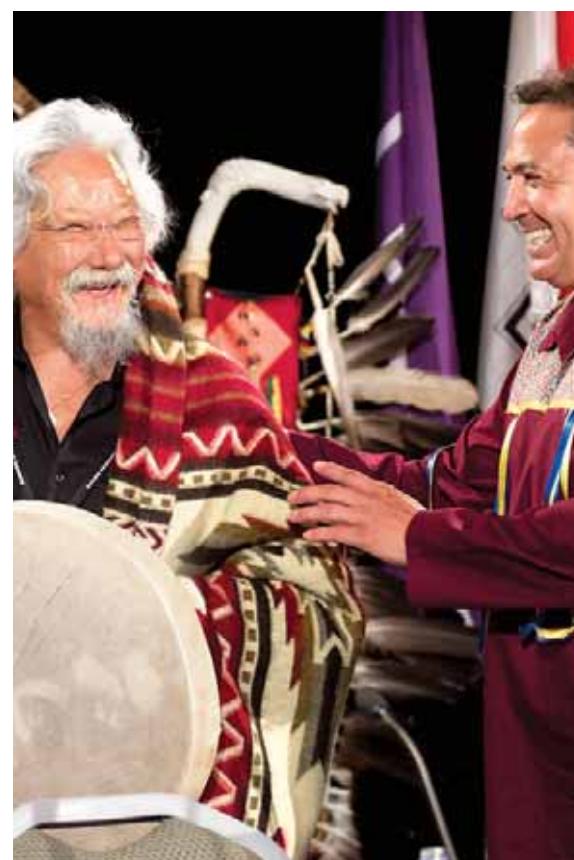
[www.bosch-home.ca](http://www.bosch-home.ca)

Not all models shown are available at all retailers. © 2015 BSH Home Appliances. © 2015 BSH Canada. All trademarks are property of their respective owners. REV15BCAN016-04-120348-24

F.W. Black Ltd.  
685 Arlington Park Place, Kingston

Joice Sweenor  
336 Ward St., Port Hope

Universal Appliances  
1915 Bank St., Ottawa



**FIRST NATIONS BLANKETED WITH GIFTS** David Suzuki receives gifts from Assembly of First Nations National Chief Perry Bellegarde at a meeting in Montreal. RYAN REMIORMZ/THE CANADIAN PRESS

## HUNGARY

## Posters parody 'hate' ads

Hundreds of crowd-funded derisive billboards with messages like "Sorry for our prime minister" and "Come to Hungary, we've got jobs in London" have been plastered across the country to counter the Hungarian government's anti-immigration campaign.

Gergely Kovacs, president of the humorous Two-Tailed Dog Party, said Wednesday that over 7,000 people donated 33.3 million forints (\$115,000) for the campaign organized jointly with Atlatzso.hu, a group of investigative journalists. "We would like to offset the government's hate campaign," Kovacs said while standing near a billboard saying "I survived the Hungarian anti-immigration campaign!"

"The main issue is the (government's) way of spending our money on a campaign that tells us who to hate and why," he added.

Facing an unprecedented number of migrants and refugees — 73,000 so far this year — Prime Minister Viktor Orban's government has put up billboards with slogans like "If you come to Hungary, you cannot take Hungarians' jobs." THE ASSOCIATED PRESS

## ECONOMIC CRISIS

## Greece asks for 3-year aid program

Greece requested a new three-year rescue program from its European partners on Wednesday and rushed to complete a detailed plan of economic reforms in time to avoid the country's descent into financial chaos.

With the banking system teetering on the edge of collapse, the government sought to reassure its European creditors that it would enact tax and pension reforms quickly in exchange for loans from Europe's bailout fund, the European Stability Mechanism.

In its formal request to tap the fund, the Greek government said it would "immediately implement a set of measures as early as the beginning of next week."

After months of fruitless negotiations with the Greek government, the skeptical European creditor states have said they want to see a detailed, cost-accounted plan of the reforms by Thursday. That is meant to give the creditors enough time to review the plan before leaders of the European Union's 28 countries meet on Sunday in what has been termed as Greece's last chance to stay in the euro.

In the letter, the Greek government said it was aiming to be able to finance itself once

## VANCOUVER ISLAND

## Orphan bears in limbo

The fate of the two bear cubs spared by a conservation officer on northern Vancouver Island remains unclear.

B.C. Conservation Officer Service Insp. Chris Doyle says the cubs show signs of being habituated to humans and that animals that come into conflict with people are usually destroyed.

Conservation officer Bryce Casavant was suspended after he reportedly refused an order to euthanize the eight-week-old cubs last weekend.

The bears were orphaned when their mother was killed for breaking into a meat freezer inside a mobile home in Port Hardy. The cubs — who have been named Athena and Jordan — are being held at the North Island Wildlife Recovery Association.

The association's Robin Campbell says the officer made the right decision not to kill the cubs because they only came back to the property looking for their mother, are healthy and remain afraid of people — like normal bears. THE CANADIAN PRESS



**Guarded optimism is the theme today.**

Chris Beauchamp, senior market analyst at IG



**Sales for fitness trackers such as Basis Peak, Adidas Fit Smart, Fitbit Charge, Sony Smartband and Jawbone Move have been strong, however a research firm says one-third of users lose enthusiasm for them after six months once the novelty wears off.**

BEBETO MATTHEWS/THE ASSOCIATED PRESS

# Fit tracker interest in decline

## HEALTH

### Sales are strong for devices like Fitbit, but users lose enthusiasm

Deepak Jayasimha's fitness tracker is now with his father-in-law in India, where it sits unused. Annabel Kelly foisted hers off on the kids. Virginia Atkinson took hers off to charge the battery and hasn't picked it up since February.

Although sales of Fitbit and other fitness trackers are strong, many of their owners lose enthusiasm for them once the novelty of knowing how many steps they've taken wears off. One research firm, Endeavour Partners, estimates that about one third of these trackers get abandoned after six months. A health care investment fund, Rock Health, says Fitbit's regulatory filings suggest only half of Fitbit's nearly 20 million registered users were still active as of the first quarter of 2015.

"The question for investors is how long the market will continue to grow at this rate,

and whether Fitbit can execute on growing engagement before ... the number of devices sold per year reaches saturation," Malay Gandhi, a managing director at Rock Health, wrote on a blog.

Abandonment affects all manufacturers of fitness trackers, which are relatively cheap at about \$100 and are commonly given as gifts. Fitbit gets the spotlight because it started trading publicly last month and has 76 per cent of the U.S. market share by revenue, up from 64 per cent a year earlier, according to the NPD Group.

Analyst William Power at Baird Equity Research said Fitbits remain popular among employers and insurance companies looking for ways to keep people healthy. Fitbit is also profitable, earning \$132 million last year on revenue of \$745 million.

If people aren't using their trackers, they won't recommend them to friends and family or upgrade when a new model comes out, said Dan Ledger, an analyst at Endeavour Partners. They also won't pay for premium subscription packages, a potential growth area for Fitbit.

THE ASSOCIATED PRESS

## STOCK MARKET

# Technical glitch forces NYSE closure

It was already a tough day in the market when the unexpected hit.

The New York Stock Exchange halted trading late Wednesday morning because of technical trouble.

The outage came as traders had plenty of other things to worry about. Concerns about China's plunging stock market and a logjam in talks between Greece and its creditors weighed on the mood. Major

indexes were already falling before the shutdown, which occurred shortly after 11:30 a.m. eastern time. NYSE resumed trading at 3:10 p.m.

The exchange didn't say what caused the malfunction but described it as internal and not the result of hackers.

The broader stock market stayed open as orders to buy and sell kept flowing to the Nasdaq and other exchanges around the country.

Tom Caldwell, who runs an investment firm with stakes in several exchanges, said there are some 60 exchanges and trading venues that can take orders when one goes down, so investors shouldn't get rattled.

"It's disruptive, but not wildly disruptive," said Caldwell, chairman of Caldwell Securities.

U.S. President Obama was briefed on the NYSE situation,

according to Josh Earnest, the White House spokesman. Officials told the president there were no malicious actors involved.

U.S. markets have been dogged by technical problems over recent years as more trading is handled by computers. In May 2010, the Dow plunged hundreds of points in minutes in an incident that later became known as the "flash crash."

THE ASSOCIATED PRESS

# iPhone Unlimited.



Now you can enjoy a lightly loved iPhone® 5s or 5c to the fullest on any of our truly Unlimited Data, Talk and Text plans. Use your iPhone as much as you like without any surprise overages.

from  
\$0  
on WINDtab™

iPhone® 5s

windmobile.ca

 **WIND**  
true mobile freedom™

Learn more at [windmobile.ca](http://windmobile.ca). All unlimited plan features in Canada are available from anywhere on our network, otherwise long distance and roaming rates apply. WINDtab terms and conditions apply. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. iPhone is a trademark of Apple Inc. registered in the U.S. and other countries. WIND, WIND MOBILE, WINDtab and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by WIND Mobile Corp. © 2015 WIND Mobile

## IN BRIEF

### market minute

#### Sherson Group files for bankruptcy protection

Shoe distributor Sherson Group Inc., which operates Nine West retail stores in Canada, has filed for bankruptcy protection with the Ontario Superior Court.

Court documents say the Toronto-based company owes \$32.2 million to more than 60 different stakeholders.

THE CANADIAN PRESS



**DOLLAR**  
78.49¢ (-0.18¢)



**TSX**  
14,412.07 (-212.43)



**OIL**  
\$51.65 US (-\$0.68)



**GOLD**  
\$1,163.50 US (+\$10.90)

**NATURAL GAS:** \$2.685 US (-3.1¢)  
**DOW JONES:** 17,515.42 (-261.49)

# metr<sup>o</sup> VIEWS

Your essential daily news

Thursday, July 9, 2015

## URBAN ETIQUETTE: ELLEN VANSTONE



### THE QUESTION

**Is there a 'side' to sidewalks? And other foot-traffic dilemmas solved, just in time for summer tourists or Pan Am crowds to hit the streets near you.**

Wyndham Lewis, in his 1954 novel *Self Condemned*, famously called Toronto a "sanc-timonious icebox." But Lewis was a notorious misanthrope who also said, "It is more comfortable for me, in the long run, to be rude than polite" — so you can guess what I think of him.

The point is that present-day Toronto, like all cities across Canada, is a much friendlier burg than the dull, mainly Anglo-Saxon centre he once despised. And now is the chance to prove it while Hogtown hosts some 250,000 visitors expected at the Pan Am Games from July 10 to 26.

Yes, the invading hordes are bound to test our patience as they clog up pedestrian thoroughfares with their rubbernecking, sightseeing, dawdling ways. But it's also a perfect opportunity to show off our Canadian politeness — and for me to remind you, dear reader, on proper pedestrian behaviour. Herewith, a refresher course on the basic rules of street etiquette.

Is there a "side" to side-walks?

People generally keep to the right, but all bets are off when dealing with strangers from strange lands where our right-of-way rules might not apply. When faced with oncoming meanderers, do a quick shoulder-check, step aside and let them pass. If you and your companion favour an old-fashioned approach, walk on the curbside if you're male, a tradition that once saved ladies' dresses from mud-spattering vehicles.

Slow walkers

Few things are more frustrating than being stuck behind a gaggle of molasses-waders when you're in a

hurry. But it's perfectly all right to pass — as long as you do it without elbowing anyone aside.

#### Close walkers

Don't walk too closely behind anyone, breathing down his or her neck. If they stop suddenly, it's your neck that will suffer when you collide and go flying. This goes double at night, when close walking behind

checking for oncoming foot traffic. It's always tempting to "accidentally" bump into them, ensuring they'll think twice next time they fail to merge properly. But to do so would be passive-aggressive, which is the worst kind of rudeness.

#### Cellphone addicts

Everybody knows that texting while driving is dangerous. It's also ill-advised while

it's overly quaint. If your companion is older, however, it's always more polite — regardless of sex — to offer them the near-side door and then schlep to the far side so they don't have to slide across the hot, sticky seat to make room for you.

**Entering and exiting store doors — who has the right of way?**

Short answer: no one. Well-mannered folk will let the other person through regardless of direction, though admittedly there's a risk of getting stuck when you hold a door open for one person and 20 more follow. At some point, you may gracefully hand off the door to some other paragon of politeness and slip through a gap — as long as you don't slam the door in anyone's face while you're at it.

#### Revolving doors

It will surprise some readers to learn that a gentleman traditionally goes through first, a holdover from the days when women were deemed too weak to push the heavy mechanism themselves. The same rule applied to going down steps or exiting a plane, train or bus: if the lady tripped on her petticoats, the man in front would provide a cushion to her fall. Nowadays, it doesn't matter which gender takes the lead — as long as you don't cut anyone off.

#### Most importantly, be nice

The best advice comes from Emily Post, who wrote the book on manners in 1922. Some of her dictates were ridiculous ("Ladies should carefully avoid ... all undue liveliness in public"). But her overall rule is still absolutely relevant: Never do anything that is unpleasant to others.

CARTOON BY ANI CASTILLO



**Yes, invading hordes are bound to test our patience. But it's also a perfect opportunity to show off our Canadian politeness.**

people, especially women, makes them feel threatened. Staring at your phone as you blunder down the sidewalk or cross an intersection is asking for a collision.

#### Getting into a car or cab

Traditionally, the man opens the door for the woman before going around and getting in the other side. As a modern feminist, I never resent the old-fashioned gesture, but it's not de rigueur, and it's an outright faux pas if the woman finds

walking on a busy street. Staring at your phone as you blunder down the sidewalk or cross an intersection is asking for a collision.

#### Stopping for no reason

This is my pet peeve — people who stop at the top or bottom of stairs while the rest of us pile up behind them, or those who languidly exit a store without

## ROSEMARY WESTWOOD

**metroview**

**Great adventures make great stories: Balloon man proves it**



Now there's a story.

A man sits in a plastic lawn chair attached to 100 helium balloons and floats over the Calgary Stampede grounds, in a bid to earn more business for his cleaning company by landing in the middle of the chuckwagon races.

The winds pick up, he's getting pulled off course (not that he has any contraption to keep him on course; he's on a lawn chair). As the balloons lift him higher and higher, he opts for plan B, jumps, uh, chair, and pulls chute.

Descending with a parachute, he escapes with a rolled ankle and a mischief charge. There were hundreds of thousands of people below this guy, police told the newspapers. "The last thing we want to see is anybody injured."

Or to translate: "The last thing we want to see is anybody do anything interesting." Police, our uniformed spoils.

But I'm with balloon man, aka Dan Boria, on this one: "It was the most fun thing I've ever done."

And it's the best "This one time..." story I've heard in awhile. The kind of story that you recount in your 80s to pick up ladies at the retirement home. The kind of story your kids tell your grandkids.

You know what doesn't

make the memory books? Always following the rules.

My parents are in town for a visit. I wouldn't call them daredevils, but then you get Dad talking about the time he sailed the Atlantic and hitch-hiked across Europe.

There were the nights he figured out how to unlock London's double-decker buses, and sneaked in for a good sleep. There was the time he rescued his scooter from a mechanic's lot in France. He used to build his own boats (using his mum's best sheets).

When you're older, and the days pass with more mirrored regularity, and maybe you've lost the youthful gall to fly by helium balloons, the best things you've got are the stories of your life.

I'm already afraid for how boring I'll be. CBC Radio's Definitely Not the Opera is always looking for story submissions. "When did being mistaken for something you're not let you discover who you really are?" or "When did a musical instrument change your life?" or "Tell us your stories about body art!" The questions arrive every week by email. And every week, I've got nothing.

So, I clearly need to up my story-game, and I think I could take inspiration from Boria. Especially the part where he lives to tell the tale.

**metr<sup>o</sup>**  
Your essential daily news

STAR MEDIA GROUP PRESIDENT  
**John Cruickshank**

VICE PRESIDENT & EDITOR  
**Cathrin Bradbury**

VICE PRESIDENT & GROUP PUBLISHER  
METRO EASTERN CANADA  
**Greg Lutes**

MANAGING EDITOR OTTAWA  
**Steve Rennie**

ADVERTISING INQUIRIES  
adinfoottawa@metronews.ca  
General phone 613-236-5058

FREE TO SHARE



**PHILOSOPHER CAT**  
by Jason Logan

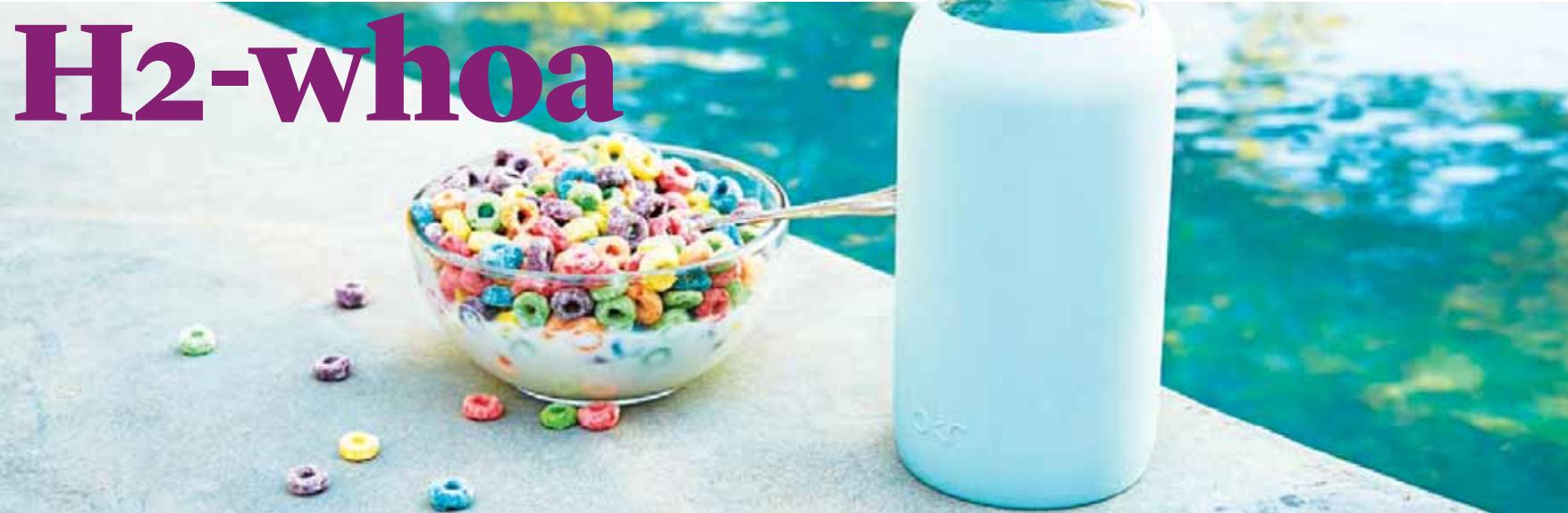


Tom Selleck sued for allegedly stealing water during drought

- GOSSIP
- STYLE
- BOOKS
- MUSIC

Thursday, July 9, 2015

## H<sub>2</sub>-whoa



### ACCESSORIES

#### Plastic water bottles are so '90s — invest in one of these beauties

**Melissa Dunne**  
For Metro | Life



The It Accessory of Summer 2015 isn't a beach bag, or a pair of sunnies or cute sandals — it's a reusable water bottle.

Yes, the lowly utilitarian item's time has finally come again. Not that long ago, people didn't carry water around with them everywhere they went (I know, wild, right?).

Then, at some point in the '90s it became tres passé to carry around bottled water, you know, because of the environment. Nal-

gene bottles were all the rage, for a while. But plastic bottles, whether one-time use or reusable, really went out of style when there was a groundswell of worry over BPA in the late 2000s.

Enter S'well et al. While people were so over plastic (though many are now made BPA-free), there remained a thirst for bottles that are safe and stylish. Reusable bottles that keep your drinks cold are so cool right now, they are being featured in the likes of *Vogue*. The fashion bible featured a black S'well bottle in a list of items to put in a Céline Curve bag. We say save yourself about \$2,356 for the cost of that It Bag and buy yourself an It Bottle instead. While the S'well bottle is a hefty \$39.50 for the 500 ml, you'll quickly make your money back filling your bottle with tap water, rather than buying one-time use bottles for a few bucks a pop.

Here are some of the most stylish bottles for sale this summer:



#### S'WELL

These stainless-steel bottles come in a rainbow of sizes and colours, from Pink Satin to Teakwood. Get one to match every outfit. [Swellbottle.com](http://Swellbottle.com). \$39.50 for a 500 ml bottle

#### ASOBU

The Flavour It 2 Go bottle is BPA free and lets you add in fresh fruit to the built-in infuser. [asobubottle.com](http://asobubottle.com). \$13 for a 590 ml bottle



#### BKR

The glass and silicone bottles come with quirky names, such as the Lolita in opaque blackberry. [mybkr.com](http://mybkr.com). \$33 for a 500 ml bottle

#### VAPUR

The Anti-Bottle bottle is perfect for the fit fashionista, it stands upright when full and flattens when empty, so you can stash it away (not that you'd want to). [vapur.ca](http://vapur.ca). \$16 for a 1 L bottle



### PARIS FASHION WEEK

## Mad couture electrifies fall-winter couture shows in Paris



**Viktor & Rolf on the runway.** RAFAEL YAGHOBZADEH/THE ASSOCIATED PRESS

As couture week in Paris entered its final furlong, the French capital was electrified by eccentric, creative designs. Here are the highlights of the fall-winter 2015-16 shows on Wednesday.

#### Viktor & Rolf in the frame

Should fashion be considered art? That existential debate has gone on for decades.

Dutch duo Viktor Horsting and Rolf Snoeren tried to put the question to rest by wrapping their latest couture creations in giant picture frames and blank canvases — an ingenious, cre-

ative and hilarious idea.

The bespectacled designers stood at the foot of the white, sanitized catwalk holding squashed white-framed canvas shapes crushed into abstract, often A-line, skirts. A model would appear, wearing nothing but a plain loose indigo minidress, and get "framed" by the designers, who fitted her into the skirt.

Beyond getting fashionistas chuckling, they produced some very thought-provoking looks. The show was a work of art — but was it wearable fashion?

#### Elie Saab's princesses

The Lebanese designer's subdued couture collection featured long lace column gowns with glimmering organic embroideries that seemed to have delicately grown up on them like the plants and vines in the fairy-tale princess's tower. Sheer tulle sections in the skirts and torso played on transparency, evoking the three-dimensionality of flora.

The models, who wore organic golden crowns, made it clear this indeed was a collection aimed at women who see themselves as princesses.

#### Gaultier goes Breton

The Breton stripe, as worn by sailors, has become synonymous with Jean Paul Gaultier over the years (alongside the conical bra.)

So Wednesday's fall-winter couture collection — inspired by the French region of Brittany — seemed like a wholly natural place for the French designer.

The collection saw lashings of Breton stripes, in blue and white tights, sheer black velvet blouses — and traditional lace Breton tube hats in exaggerated heights.

THE ASSOCIATED PRESS

# Warner is here to remind you

**CANADIAN MUSIC**

**Music journalist examines four chart-toppers**

**BOOKWORM**

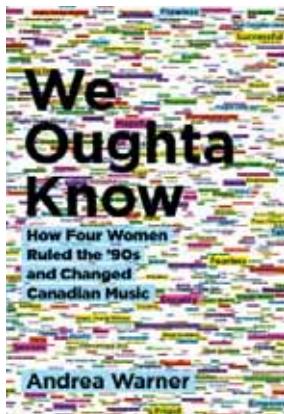
**Sue Carter**

Twenty years ago, Alanis Morissette stormed onto the music scene with Jagged Little Pill. At the time, the album was considered loud, shockingly honest and "unladylike" — a perfect anthem for a generation of disenfranchised young women who previously felt they had no voice.

The album's anniversary this June time-travelled fans back to the mid-1990s. Jagged Little Pill made a quick two-week re-appearance on Billboard's Top 200 album chart.

Across Canada, there have been tribute nights and lots of media analysis of the continued emotional resonance of Morissette's work.

Like so many fans, Vancouver



Andrea Warner's latest book, *We Oughta Know* (inset), looks at women on top. CONTRIBUTED

music journalist Andrea Warner, 16 when the album was released, felt empowered by its frankness.

Her debut book, *We Oughta Know: How Four Women Ruled the '90s and Changed Canadian Music*, examines, from a feminist's perspective, the careers, successes and controversial media

personifications of Morissette, along with fellow superstars Shania Twain, Sarah McLachlan and Céline Dion.

When Toronto publisher EternaL Cavalier approached Warner, an associate producer with CBC Music, to write a book, she already had a kernel of an idea.

On sales tracker Nielsen SoundScan, she discovered the four women (all wildly successful by their mid-20s) are among the Top 10 bestselling musicians in Canada. Dion is first place.

To put this in context, the Beatles are at No. 8.

"It made me take stock of the

music industry in Canada, and it gave me pause to take stock of my life," Warner says.

"I thought, 'Oh my God, these four women have been part of my existence in such a strange, almost fairy godmother/evil stepmother kind of way for so long.'"

Although Warner connected with Morissette's raw anger and with McLachlan's poetics — the book includes an emotional essay about how McLachlan's album *Rarities*, *B-Sides* and *Other Stuff* helped Warner through the death of her father — her relationship with Dion and Twain was more complex.

As a teen, she dismissed Dion as a saccharine pop diva under the spell of her manipulative manager-husband, and Twain as nothing more than a talentless country-crossover Barbie.

"All of these things I ever said about Céline Dion and Shania Twain are completely complicit with preserving sexism and misogyny, and upholding all these

horrible things I'm supposedly against," Warner says. "It made me take a look at myself and the worst parts of my personality."

Warner also takes her profession to task, devoting a chapter to the more egregious examples of sexist music journalism, in which the women are referred to, among other terms, as "pin-ups," "angry young women" and "fragile young flowers."

Ultimately, as Warner suggests, you don't have to be a Titanic fan to appreciate Dion's vocal range or to critique Twain's music without referencing those early bare-

midriff years.

"I think it's so important to pick apart how we build our belief structures," Warner says. "Maybe it's not even about feminism and sexism, but why do we love the things we do? Why do we think something is good versus bad, and how does it feed into what we think is good or bad taste?"

**MUSIC**

## Pharrell found a star in Yates

Nineteen-year-old Francesco Yates has recently been dispatched on his first tour of promotional duty in support of his upcoming Pharrell Williams-produced debut EP. And already certain questions have been pitched his way with such regularity it feels like batting practice.

What's the deal with his halo of frizzy curls? What's Pharrell like? And the question that Yates himself believes he receives most often: What's the inspiration behind his shimmying, '70s-recalling dance-pop? Inconveniently, that's also the question he finds most difficult to answer.

"One thing I will say about the inspiration is I can't control it. It can come anywhere and any time. I can't sit down to write a tune," said Yates.

Yates was fascinated by music in his youngest years growing up in Scarborough, just east of Toronto, attending a "rock camp" at 11 and landing a high-profile manager in high school. His association with Pharrell started soon afterward, and the visionary Neptunes producer's signature sound is echoed by Yates' groovy early singles *Call*, *Better to Be Loved* and *Nobody Like You*.

His debut EP — co-produced by Williams and Robin Hannibal — will be out Aug. 21. He'll also perform as part of the Pan Am Games' Panamania on July 25.



Francesco Yates HANDOUT

### What do you think Pharrell saw in you?

He wanted to do something different with me. I wanted to do something different with him as well.

He said that I hadn't played my electric guitar on any of my projects. He made me more comfortable to do so.

### How did you wind up playing guitar on his song *Gust of Wind*?

We were walking to the elevator of Jungle City Studios one lonely night and he was getting into the elevator to leave, and he said: "Oh yeah, you should do this guitar part with —" and then the elevator closed before he could finish.

So I had to now go back and go: "Oh man, I hope I know what he was talking about." I could only go off what he had done — the Daft Punk stuff — so I decided to give it that flavour.

Luckily, he kept it on the record.

### Kanye tweeted Skateboard P is the God recently (referring to Williams).

He is the God. I will say that it was crazy to see the God that everyone talks about, but it was also crazy to see the human being.

I was so privileged and so happy to see him in a normal light. I saw him with his wife and his kid. I saw him talk about real things and I got to see both sides of him.

He is a really, truly down-to-earth person. Probably one of the nicest people in the business.

### Will you stick around in Scarborough, and if not, what will you miss?

I'm getting heavily into production; I have all the toys. And there's a certain esthetic coming from Scarborough that can't really be duplicated.

I think I'm going to keep my base here in Toronto.

**LITTLE HERO? BIG CONTEST!**

Heroes don't get any bigger, especially on the big screen in **ANT-MAN**

**ONE GRAND PRIZE TO BE WON:**

- Two passes to the Advance 3D Screening on July 15
- Comic: *Ant-Man Prelude* graphic novel
- Comic: *Ant-Man Larger Than Life #1*
- \$150.00 Silver Snail Gift Card
- Signed *Ant-Man* Poster
- Ant-Man* Swag

**15 SECONDARY PRIZES TO BE WON:**

- Two passes to the Advance 3D Screening on July 15

VISIT **club metro .com** TO ENTER

**IN THEATRES IN 3D JULY 17**

No purchase necessary. Limit one entry per person. Contest closes at midnight ET on July 13, 2015. Odds of winning depend on total number of eligible entries received. Approximate value of grand prize is \$630.98. Approximate value of each secondary prize is \$25. Full rules at clubmetro.ca

©2015 MARVEL

# Wear your heart on your heels

## FASHION

## Lamar collabs with Reebok on sneakers with soul

One of the hottest and most critically acclaimed rappers of the moment has designed a pair of Reebok sneakers that he hopes will promote peace among L.A.'s gangs.

Kendrick Lamar signed a partnership deal with Reebok in 2014 and his first set of sneakers will be called the Kendrick Lamar x Reebok Ventilator.

When they go on sale later this month the shoes will carry a multi-coloured message that promotes peace, particularly among the Crips and the Bloods, the two rival gangs that influenced Lamar's childhood growing up in Los Angeles and

his conscious rap lyrics.

The sneakers are an off-white 'paperwhite' suede and feature the word 'red' on the right heel (a reference to the two gangs' affiliation colors) and the word 'neutral' inscribed under the tongue.

**JULY 18  
SNEAKERS  
WILL GO ON  
SALE FOR  
\$130 US**



## LAMBERT CANCELS STAMPEDE; THE VIEW'S REVOLVING DOOR

### No bull

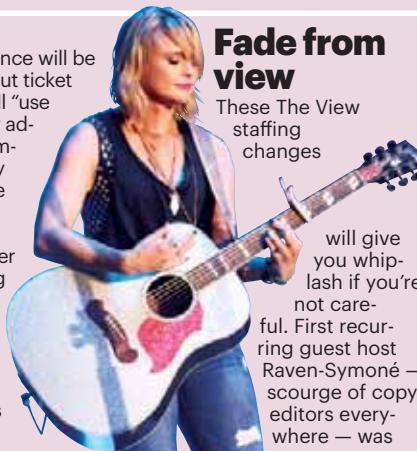
It's hard out there for professional singers these days, with vocal cords acting up left and right, causing all sorts of tour disruptions.

The latest victim? Miranda Lambert, who had to dash plans for her upcoming Calgary gig due to "serious inflammation" of her vocal cords, according to her Facebook page.

"I'm so sorry that I can't be at Stampede this week, but I'll be back in Calgary just as soon as I can for all of my Stampede fans," she said

in a statement.

The appearance will be rescheduled, but ticket holders can still "use their tickets for admission to Stampede and enjoy all that we have to offer," Stampede's chief operating officer Paul Rosenberg said, "including live country music at Nashville North." Just, you know, sans Lambert.



### Fade from view

These *The View* staffing changes

will give you whiplash if you're not careful. First recurring guest host Raven-Symoné — scourge of copy editors everywhere — was

tapped for a permanent spot on the daytime chat panel.

Then this week word leaked that newly added Rosie Perez would be leaving the show at the end of her first season in August.

Everyone first had to come to terms with the realization that *The View* is a show with "seasons" before even more news came in: Comedian and recurring guest-host Michelle Collins is also being made a full-time member of the show. So ... good for her? Now then, is anyone still actually watching?

### Death on TV

*Game of Thrones* has had plenty of shocking deaths — including some very recent ones that still aren't necessarily confirmed as real — but Maisie Williams, who plays plucky assassin-in-training Arya Stark, has one in particular that resonates more than others: that of Robb Stark, played by Richard Madden, who was offed along with his mother and

Grande, for her part, had to bow out of the gig because she recently got her wisdom teeth removed. And here I thought it was because of that whole donut-licking, "I hate Americans" video snafu she's dealing with.

The concert during the 2015 MLB All-Star Week will also include pop-rock band Rixton, best known for the hit *Me and My Broken Heart*.

Demi Lovato has taken over headlining duties from Ariana Grande at this year's Major League Baseball All-Star Game concert, which is apparently a thing.

"I'm so excited to be headlining the MLB All-Star Concert," Lovato says in a statement. "I hope my fans in Cincinnati are ready to get 'Cool for the Summer.'"

Real subtle, working the title of your latest single in like that. It's unclear whether Lovato followed the statement with a pre-planned slip-and-fall, but let's just say I'm growing suspicious.

pregnant wife at the infamous Red Wedding.

"I feel like the audience — and myself — were led into such a false sense of security, we couldn't see it coming," she tells E!

News. "I guess it was the same with Jon, but we're sort of used to that now. I'm so numb to it, my family members being taken away from me." That's rough, girl.

NED EHRRBAR FOR METRO

## Spend YOUR POINTS EVENT!

SATURDAY, JULY 11 & SUNDAY, JULY 12

SPEND  
50,000 POINTS  
AND GET UP TO  
**\$100 OFF\***

THAT'S  
AN EXTRA  
**\$15**

SPEND  
95,000 POINTS  
AND GET UP TO  
**\$200 OFF\***

THAT'S  
AN EXTRA  
**\$30**

**FREE**  
feels good  
Optimum

**SHOPPERS**  
DRUG MART



\*Some conditions may apply. See store for details.  
Offer valid Saturday, July 11 & Sunday, July 12, 2015 only.

# metro HOME

Your essential daily news

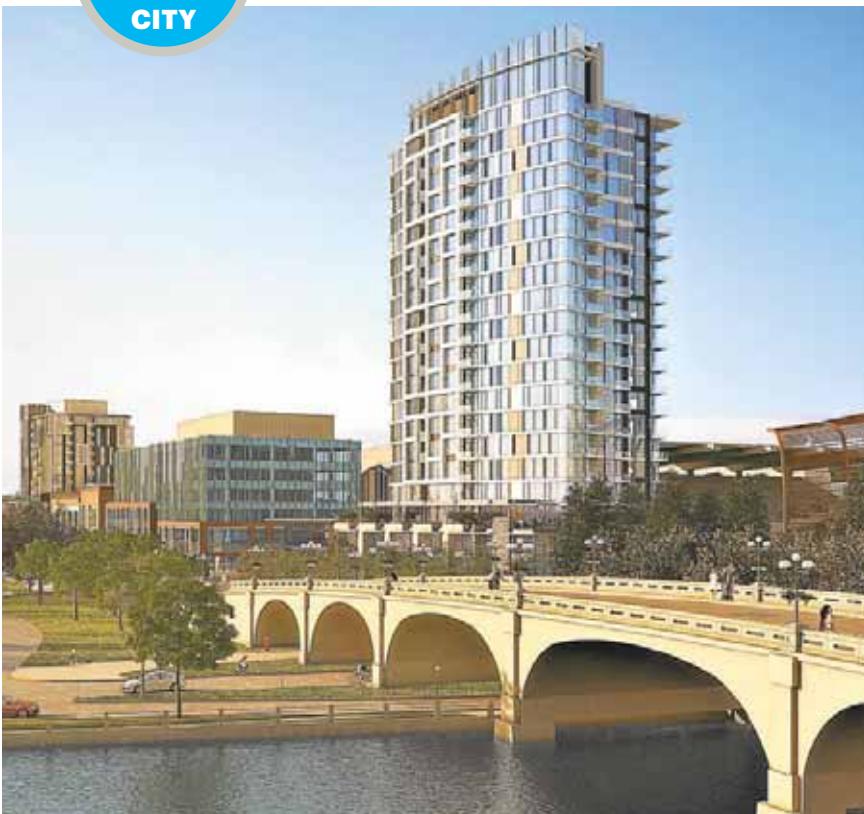
Homeowners focus on increasing curb appeal in the first year of ownership: survey



## What they're asking

OUR  
CITY

Some things are better new, and there's nothing nicer than a gleaming new condo suite. Here's a look at medium-sized, brand new one-bedroom units near downtown **Duncan McAllister** FOR METRO



\$439,900

### Ottawa

Here's a 756-sq.-ft. one bedroom plus den suite in the new Rideau tower at 831 Bank St., in the centre of Ottawa. Minto@lansdowne is comprised of two highrise condominium towers with a collection of suites and townhomes. As part of the Lansdowne Park rejuvenation, Minto@lansdowne is close to new retail and dining experiences, with entertainment spaces throughout the park and a large outdoor skating rink. Minto@lansdowne is part of the historic Glebe area, one of Ottawa's premier shopping destinations. Contact the sales office at 613-788-2784 or visit [minto.com](http://minto.com).



\$422,900

### Vancouver

You can get a 661-sq.-ft. one bedroom plus den in Altus, the second phase of the SOLO District condo project. SOLO District is close to the SkyTrain at Lougheed Highway and Willingdon Avenue in Burnaby, a suburb of Vancouver. The development will feature a selection of retailers and exclusive amenities, including a rooftop patio, with a full kitchen, large dining room, media centre, outdoor lounge with barbecue and fireplace. Other amenities in Altus include a fully equipped fitness studio and an outdoor rooftop multi-sport court. Contact the sales centre at 604-227-3745 or email [info@soldistrict.com](mailto:info@soldistrict.com).



\$479,000

### Calgary

Featured is a 776-sq.-ft. suite with one bedroom plus den at the Lido condominium by Battistella. The building is at 10 St. N.W. and 2 Ave. N.W., in the heart of one of Calgary's most desirable inner-city neighbourhoods. It features a boutique hotel on the second level, and seven commercial bays that will include fine dining, high-end retail shops, a boutique wine store, and a coffee shop. The building also features a rooftop garden for residential use, with great downtown views, and outdoor fireplaces. Contact the sales centre at 403-290-1664 or email [info@battistella.ca](mailto:info@battistella.ca).



\$398,000

### Halifax

The Roy, a contemporary 22-storey condominium, is located at 1650 Granville St. in the centre of downtown Halifax. It's an area that's experiencing rapid growth, with new commercial and residential developments opening in the coming months. The building offers three units at 743 sq. ft., called The Canadian, The Scotia and The Royal. The historic development by Starfish Properties will feature the work of Page + Steele IBI Group Architects and interior designs by UNION31. Contact the sales centre at 902-431-1650 or email [info@theroyhalifax.com](mailto:info@theroyhalifax.com).



\$239,900

### Winnipeg

Glasshouse Lofts is a 200-unit, high-design condominium development at 311 Hargrave St., across from the MTS Centre. Featured is a 587-sq.-ft. one-bedroom suite in the A3 plan of the modern design, 21-storey residential glass tower by Urban Capital. The suites feature brushed aluminum hardware, rich hardwood flooring and porcelain tile. The condo is part of the new, mixed-use Centrepoint development, with offices, restaurants and an Alt Hotel. Move-in is scheduled for next spring. Contact the sales centre at 204-282-9658 or email [sales@glasshousewinnipeg.com](mailto:sales@glasshousewinnipeg.com).



\$392,490

### Toronto

Featured is a 667 sq.-ft. unit on the 10th floor, overlooking Forest Hill. The Barrington Condominium Flats at 1486 Bathurst St. is introducing new suite designs and pricing in the St. Clair residential area, which is undergoing an urban renaissance. There are two new suite groupings: The London Flats and The Knightsbridge Collection, with amenities that include ground-floor retail and a fitness centre. The 18-storey Barrington is near the St. Clair West subway station and has a walk score of 98 and a bike score of 88. Contact the sales centre at 416-410-4444 or email [info@barringtoncondos.com](mailto:info@barringtoncondos.com).

# metRO SPORTS

Your essential daily news

Andre Greipel won Stage 5 of the Tour de France and fellow German Tony Martin kept the overall lead

## Fatigue finally gets to Pospisil

WIMBLEDON

### Canuck played 31 sets in 7 days, solid Murray into last four

Vancouver's Vasek Pospisil simply played too much at Wimbledon.

Pospisil lost to Andy Murray in straight sets in their quarter-final match on a wet Wednesday, with the Canadian going out 6-4, 7-5, 6-4 after an exhausting 10 days of grass-court tennis.

"I played a lot of tennis, how much that affected the match is hard to say," said Pospisil. "But I definitely started feeling a little bit heavy, especially in that third set. I played 31 sets in seven days or something like that. Then you're going to play Andy."

Pospisil, stretched to five sets in three of his five singles matches, began feeling his legs against Murray. Pospisil and American partner Jack Sock were defeated last week as they defended their 2014 doubles title, only adding to Pospisil's workload.

The Centre Court contest against third seed Murray began with the roof open but after a second rain interruption, con-

cluded after two hours 11 minutes with the translucent structure closed.

Pospisil had hoped to join Robert Powell (1908 Wimbledon) and Milos Raonic (2014 Wimbledon) as the only Canadian men to make a Grand Slam final four. He was dismayed after being warned in mid-serve on a time violation, late in the seconds set as he dropped serve 5-6.

A nagging injury also bothered Pospisil, who said he needs to get a scan on an undefined problem in his right hand which he has been feeling for a few days. But he immediately said he did not expect it to keep him from playing for Canada against Belgium in the Davis Cup next weekend.

"I'm not expecting it to be anything serious," said Pospisil. "The plan right now is 100 per cent to go play. It's just a pre-

cautionary MRI." Pospisil ended with nine aces but only one break point chance.

The 56th-ranked Pospisil suffered his fourth loss in less

than a year to Murray as the pair met on grass for the first time.

Pospisil and his seeded opponent had to put up with a 35-minute weather interruption with Murray leading 3-1 in the first set and again left the court with Pospisil up 4-3 in the second set. At that point,

I definitely started feeling a little bit heavy, especially in that third set

Vasek Pospisil

the roof was closed to allow play to conclude.

Murray profited from a break for 6-5 in a game where Pospisil was warned for taking more than 20 seconds between points. Murray took a 2-0 lead on sets a game later when Pospisil netted a service return. Murray earned the deciding third-set break in the ninth game as he easily returned a cross-court winner off of a Pospisil shot from the back of the court.

The 2013 Wimbledon champion served out the victory a game later to end Pospisil's tournament on a second match point.

THE CANADIAN PRESS

### SEMI-FINALS

#### Top three men seeds sail through in straight sets

The top three men — Novak Djokovic, Roger Federer and Andy Murray — cruised into the Wimbledon semifinals in straight sets. The final four lineup has an unexpected name, too.

Richard Gasquet outlasted French Open champion Stan Wawrinka



Andy Murray, Novak Djokovic and Roger Federer are in the last four

GETTY IMAGES

The 21st-seeded Frenchman overcame the fourth-seeded Swiss 6-4, 4-6, 3-6, 6-4, 11-9, falling onto his back in relief after Wawrinka's backhand went long on the third match point, ending nearly 3 1/2 hours of play.

Gasquet reached the semifinals at the All England Club for the first time since 2007. He will face defending champion Novak Djokovic, who swept past Marin Cilic 6-4, 6-4, 6-4.

THE ASSOCIATED PRESS



Andy Murray consoles Canada's Vasek Pospisil after winning his singles quarter-final match during day nine of the Wimbledon. JULIAN FINNEY/GETTY IMAGES

NFL

## Redskins trademark cancelled by judge

For the first time in a legal battle that has stretched over 20 years, a federal judge on Wednesday ordered the cancellation of the Washington Redskins' trademark registration, ruling that the team name may be disparaging to Native Americans.

The ruling does not bar the team from using the Redskins name if it wishes. The team could even still sue for trademark infringement, but winning such a case could prove more complex without the legal protections

that come with a federally registered trademark.

Redskins President Bruce Allen said the team will appeal.

"We are convinced that we will win because the facts and the law are on the side of our franchise," Allen said in a statement.

U.S. District Judge Gerald Bruce Lee's ruling upholds an earlier finding by an administrative appeal board and orders the federal Patent and Trademark Office to cancel the registration.

THE ASSOCIATED PRESS

### IN BRIEF

#### Source: Clippers trying to keep hold of centre Jordan

Two people with knowledge of the situation say the Los Angeles Clippers are making a last-ditch push to keep free agent centre DeAndre Jordan from joining the Dallas Mavericks.

Jordan and the Mavericks agreed to terms on a four-year, \$80 million contract last Friday. The Clippers can offer a five-year deal worth even more once contracts can be signed starting Thursday.

THE ASSOCIATED PRESS

#### Red Wings sign winger Tangradi to one-year deal

The Detroit Red Wings have signed left wing Eric Tangradi to a one-year contract.

The team announced the deal Wednesday. Tangradi, 26, played seven games last season for the Montreal Canadiens. He played a career-high 55 games for Winnipeg in 2013-14. Tangradi was drafted in the second round in 2007 by the Anaheim Ducks. He made his NHL debut in 2010 for Pittsburgh, and was traded the Jets from there in 2013. THE ASSOCIATED PRESS

GOLF

## Injured McIlroy will not take Open risk

The photo Rory McIlroy posted to Instagram on Wednesday shows his feet up, a black air cast around his left ankle, as he watches Wimbledon on television. The claret jug was positioned beneath the screen.

When it comes to a Grand Slam championship in his own sport, the world's No. 1 golfer will be reduced to watching this year. Two days after the stunning news that he ruptured a ligament in his left ankle, McIlroy pulled out of the British Open



Rory McIlroy

GETTY IMAGES

at St. Andrews, the first time in 61 years that the defending champion will not be in the field.

He injured his ankle over the weekend playing soccer with friends in Northern Ireland. McIlroy held out hope he could still play next week, but he decided it was not worth risking a full recovery.

THE ASSOCIATED PRESS

# Canadian BMXers are ready to ride

PAN AM GAMES

## Centennial Park in Etobicoke to host races

Tory Nyhaug shrugs because it's so obvious. A gold medal at the Pan Am Games would be a premier feather in his cap — rather, in the goggle strap around his full-face helmet.

The 23-year-old out of Coquitlam, B.C. is perhaps Canada's best hope for a podium finish in the BMX event. He won the national title last week — his fifth straight victory — and feels he's primed

to perform to his highest ability at the newly-built Centennial Park race track in Etobicoke, where the first heats of the event will begin this Friday.

"To compete in a major event in Canada is really a once-in-a-lifetime opportunity, so it's going to be exciting," said Nyhaug. At ninth place, he is currently the highest seeded Canadian on in the BMX rankings.

"It's not like a typical race where you have to spend every minute trying to figure out the track. We already kind of know the track," he continued. "I'm just going to race the best I can and hopefully at the end I'm in the final and going for a podium."

Nyhaug was among the four

racers competing for Canada who were introduced to the media in Toronto on Wednesday. He is the only member to have raced in the Olympics: he rode in London in 2012 but failed to advance to the semi-finals, just weeks after he ruptured his spleen for the second time at a BMX event and had the organ surgically removed. Since then, Nyhaug has cracked the podium on the world cup circuit several times, claiming a career-best silver at the 2014 world championships.

The team includes Jimmy Brown and Daina Tuchscherer, who are both from Airdrie, Alta., as well as Amelia Walsh, who has won three straight Canadian titles and is the highest ranked Canadian woman in the world at 26th.

But the competition will be fierce. Some of the best racers in the sport are suiting up for the Pan Ams, including No. 2-ranked American Connor Fields and Colombia's Mariana Pajon, the top-seeded female BMXer in the world and gold medalist at the London Olympics.

Nyhaug cautioned that, though the Canadians are familiar with the track, their opponents have all week to practise on it and will be ready to go when qualifying time trials start on Friday.

"On race day, it's all going to be equal," he said.

TORSTAR NEWS SERVICE



Tory Nyhaug competes in the Men's BMX Cycling at the London 2012 Olympic Games.

PHIL WALTER/GETTY IMAGES (INSET BERNARD WEIL/TORONTO STAR)

MLB

## Back-to-back homers give Twins the win

Brian Dozier and Joe Mauer hit back-to-back home runs with two outs in the sixth inning, propelling the Minnesota Twins past the Baltimore Orioles 5-3 Wednesday to complete a three-game sweep.

Manny Machado and Chris Davis hit consecutive homers off Casey Fien in the eighth for the Orioles, but Glen Perkins got his 28th save in 28 attempts with a perfect ninth.

Tommy Milone (5-1) stayed unbeaten in seven starts since being brought back from Triple-A Rochester at the beginning of June, striking out five in seven innings to lower his ERA to 2.84.

Orioles starter Ubaldo Jimenez pitched five scoreless innings, but he needed a season-high 110 pitches to finish them. Bud Norris (2-9), who was bumped from the rotation last week, took over in the decisive sixth.

After Eric Fryer walked with one out, Dozier went deep for the team-leading 18th time this year to put the Twins in front. He knew the ball was gone the instant it left the bat,



Minnesota Twins' Joe Mauer

JIM MONE/THE ASSOCIATED PRESS

MLB Wednesday

**5**  
TWINS

**3**  
ORIOLES

turning toward the Minnesota dugout to yell in celebration at his teammates as he began his run around the bases.

THE ASSOCIATED PRESS

### BACKGROUND

#### Giants stomp Mets 3-0 to end losing streak

Matt Cain pitched six innings of two-hit ball in a triumphant return to AT&T Park for his first win in nearly a year as the San Francisco Giants beat the New York Mets 3-0 to end their seven-game losing streak.

THE ASSOCIATED PRESS

#### Braves hold lead to win

Carlos Gomez hit a go-ahead, three-run homer in the eighth inning and also had a solo shot in the sixth to help the Milwaukee Brewers beat the Atlanta Braves 6-5 on Wednesday.

Julio Teheran pitched seven strong innings but Atlanta failed to sweep the series.

THE ASSOCIATED PRESS

## DEAL OF THE DAY

FIND  
LOVE  
DRIVE

More than

**500**  
vehicles to choose from!



\$13,960 or

**\$52**  
WEEKLY

**2013 Toyota  
Corolla**

A REAL FUEL SAVER!

Stk #: 36234

43,904 km, 4 Cyl, Auto, A/C, Power Locks



All payments calculated at 4.99% O.A.C. 72 mos. Weekly payments include taxes.  
Image may not be of actual vehicle. Please see dealer for actual vehicle.



**MEGA**

Apply online at  
MegaCredit.ca for up  
to \$500 cashback  
upon financing!



1261 boul. St-Joseph, Gatineau

MEGAAUTOMOBILE.COM

819 770-2277

## RECIPE Black Bean, Mandarin Orange and Baby Shrimp Salad



### EAT LIGHT AT HOME

**Rose Reisman**  
rosereisman.com

@rosereisman

If using frozen shrimp, be sure to defrost, drain and dry completely for the best result. If mandarin oranges or tangerines are in season use them to replace the canned. Serves 4.

### Ready in

Prep time: 15 minutes  
Cook time: 3 minutes

### Ingredients

- 1/2 cup drained, canned or frozen corn
- 4 oz baby cocktail shrimp
- 1/2 cup canned mandarin oranges, drained and patted dry
- 1/2 cup black beans, drained and rinsed
- 1/2 cup diced red bell pepper
- 1/4 cup diced red onion

- 1 1/2 tsp olive oil
- 1 1/2 lemon juice
- 1 tsp honey
- 1/2 tsp minced jalapeno peppers
- 1/2 tsp Dijon mustard
- 1/4 tsp cumin
- 3 Tbsp chopped cilantro or mint
- Salt and pepper
- 8 Boston lettuce leaves

### Directions

1. In small skillet sprayed with vegetable oil, add corn and sauté for three minutes, just until lightly charred. Add to bowl along with remaining ingredients. Mix well and divide over lettuce leaves.

### Nutrition per serving

- Calories 110
- Protein 10 g
- Fibre 4 g
- Total fat 3 g
- Sodium 200 mg

PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1	2	3	4	5	6	7	8	9		10	11	12	13
14						15				16			
17						18			19				
20				21	22					23			
24			25					26	27				
						28		29					
30	31	32				33	34			35	36	37	38
39				40		41		42					
43				44	45			46					
			47	48		49		50					
51	52	53				54				55	56	57	
58			59	60						61			
62			63						64	65			
66				67				68					
69				70				71					

tically  
44. \_\_\_ and terminer  
46. Open-mouthed  
47. Sour  
49. Earthenware jar  
51. Heavenly food  
54. Call  
55. Intercept information  
58. Eggs, scien-

68. Degrees  
69. Seaport of Yemen  
70. "Steal My Sunshine" group  
71. Every 12 months  
**DOWN**  
1. Enjoys, \_\_\_ kick

out of  
2. D-Day beach  
3. Metric weights, for short  
4. No word of \_\_\_ (True)  
5. Narrow inlet  
6. Outcome that could go either way  
7. "Falling in Love

"Again" is a new single by what single-named Canadian songstress?  
8. Fido's warning  
9. Prefix with 'globin'  
10. Deck of cards symbol  
11. Pesto ingredient

12. Call forth  
13. Principle  
19. Put a sock \_\_\_ : 2 wds.  
22. Put the clothes out on the line  
25. Vocational vacate  
27. Blur  
28. Fearsome fire-breathing flyer  
29. Rushmore, et al.  
30. Celeb photographer  
31. Moviedom's Ms. Mendes  
32. Pantry container  
34. Botox injection site  
36. Electronics co.  
37. Discontinuity  
38. Poet's 'previously'  
40. Cartoon fight sound effect!  
42. Let up  
45. Level of command  
48. Quick  
50. Excessively  
51. Coffee order  
52. Cold shoulder it  
53. Mother-of-pearl  
54. \_\_\_ & Prejudice" (2005)  
55. Shock weapon  
56. Ring-shaped coral island  
57. Popular garden flower  
60. Salute  
61. Prima donna  
63. Mattel guy  
65. Born, in, bridal bios

## \* IT'S ALL IN THE STARS by Sally Brompton

### Aries March 21 - April 20

People will go out of their way to do you favours today, which, of course, makes you suspicious, but there is no reason to be. Some people like you and genuinely want to help.

### Taurus April 21 - May 21

You are taking something far too seriously and at the same time neglecting far more important issues. What happens today will offer perspective and remind you that life is too short to waste time on worry.

### Gemini May 22 - June 21

You may be under the impression that you can say and do what you please but that does not mean you can step out of line and be protected from the consequences every time.

### Cancer June 22 - July 23

You are in a generous mood at the moment and that's good, but don't fall into the trap of thinking it's about money. What others want from you is your time and attention and sympathy. Gifts are nice but not essential.

### Leo July 24 - Aug. 23

With Venus and Jupiter moving through your sign, you are responsive to other people's moods and needs. However, watch out that their negative feelings don't start to have a negative effect on you.

### Virgo Aug. 24 - Sept. 23

You are craving something, or someone, you cannot have. Some things are best left in the realms of fantasy. Besides, reality is not so bad.

### Libra Sept. 24 - Oct. 23

You don't lack for compassion but how about common sense? You could be fooled into thinking you are doing the right thing, when the best thing is to leave well alone.

### Scorpio Oct. 24 - Nov. 22

You want to impress people who can help you realize your ambitions, but there is a danger you will go too far and say or do things that are so over the top they're counterproductive. Don't try so hard.

### Sagittarius Nov. 23 - Dec. 21

Don't let unexpected events undermine your confidence, especially on the work front where a series of setbacks seems to have dented your morale.

### Capricorn Dec. 22 - Jan. 20

Don't give away too much information today. The less others know about your plans the better — one of your friends has a very big mouth and could tip off your rivals.

### Aquarius Jan. 21 - Feb. 19

Be wary of anyone whose attitude towards you goes from one extreme to the other. If they are that changeable in their affections then maybe it's best to keep them at arm's length.

### Pisces

Feb. 20 - March 20 Your imagination is extremely powerful but there are times when it gets the better of you. The first step toward resolving your current problem is to stop worrying about it so much.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			9					
7	6		3	8	5		4	1
8		4		2	3		5	
9		7	3				2	
2		5	8				9	
3	4					8	1	
	8						7	
	6	7						
8	3	4						

©2013 Conceptis Puzzles. Visit [www.conceptispuzzles.com](http://www.conceptispuzzles.com).

## How's the news today?

Join our Online Reader Panel and help make your **Metro News** even better. Join for a chance to win a \$25 gift card.

[metronews.ca/panel](http://metronews.ca/panel)



**metro**

# FREE RING

WITH YOUR PURCHASE OF  
ANY TWO PANDORA RINGS\*

JULY 2-12

THE  
ART  
OF  
YOU



# PANDORA®

PANDORA<sup>TM</sup>  
STORE

RIDEAU CENTRE  
2ND FLOOR • 50 RIDEAU STREET  
613.695.6997  
[INFO@PANDORARIDEAU.CA](mailto:INFO@PANDORARIDEAU.CA)

\*Free ring(s) must be of equal or lesser value to the least expensive ring purchased. Valid at participating retail stores only. While supplies last. Void where prohibited. Not valid with other PANDORA offers or prior purchases. No rain checks. Restrictions apply. See store for details.

©2008 Pandora International Ltd. Inc. All rights reserved. Pandora is a registered trademark of Pandora International Ltd. Inc.